

Summer Plunge 2013 will be conducted at the following facilities. Listed recreation centers will report to coordinating pool only, participants are not permitted to switch pools.

Berkley Swimming Pool

89 Liberty Street
Norfolk, VA 23532
Phone: (757) 441-1969

Mondays, Tuesdays and Wednesdays

Sherwood Forest Community Center
Tarrallton Community Center
Young Terrace Community Center

Chesterfield Swimming Pool

2915 Westminster Ave.
Norfolk, VA 23504
Phone: (757) 441-5410

Mondays, Wednesdays and Thursdays

Fairlawn Recreation Center
Ingleside Recreation Center
Park Place Community Center

Huntersville Swimming Pool

830 Goff Street
Norfolk, Virginia 23504
Phone: (757) 664-7431

Tuesdays, Wednesdays and Thursdays

Campostella Recreation Center
Lambert's Point Community Center
Merrimack Landing Recreation Center
Titustown Recreation Center

Water Safety Tips

- **Swim near a Lifeguard** and obey posted rules.
- **Learn to swim.**
- Ask a lifeguard about American Red Cross Swimming and Water Safety Programs.
- **Never swim during electrical storms.** Clear the pool immediately at the first sound of thunder or flash of lightening.
- **Never dive head first** into shallow water.
- **Protect your skin** by using sunscreen and protective clothing.
- **Drink plenty of water** while enjoying the sun and watch for signs of heat exhaustion.
- **Extended breath holding** activities are dangerous.
- **Carefully watch small children** in and around the water at all times.
- **Call 911 in an EMERGENCY.**



SUMMER PLUNGE 2013

*Free Swimming and
Water Safety Program*



RECREATION, PARKS & OPEN SPACE



N O R F O L K

Life. Celebrated Daily.

Summer Plunge is a **FREE** swimming and water safety program.

Participants are taught self rescue skills, swimming skills and how to help others during a water-related emergency.

Program Dates:

July 8 - August 15, 2013

Ages:

6yrs-18yrs

Registration:

June 24, 2013 - July 5, 2013

Registration is required to participate in the Summer Plunge program. A parent or legal guardian must complete a Summer Plunge registration form in person at one of the participating recreation centers or the Huntersville Swimming Pool.

Attire:

All participants must wear proper swimming attire and bring their own towel. Goggles are not required but are allowed. Swim shoes are not required but are encouraged for the Berkley and Chesterfield outdoor pools.

Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Recreation, Parks & Open Space. If you require any special accommodations, call (757) 664-7431 at least seven days prior to the event.

Registration Sites

Campostella Recreation Center
(757) 441-1974

Fairlawn Recreation Center
(757) 441-5670

Huntersville Swimming Pool
(757) 664-7431

Lambert's Point Community Ctr.
(757) 423-1088

Merrimac Recreation Center
(757) 441-1783

Ingleside Recreation Center
(757) 441-5675

Park Place Community Center
(757) 664-7531

Sherwood Recreation Center
(757) 441-5824

Tarrallton Community Center
(757) 441-1765

Titustown Recreation Center
(757) 441-1259

Young Terrace Recreation Center
(757) 441-2692

**For more information, please contact the
Huntersville Swimming Pool at
(757) 664-7431.**

Transportation

Daily transportation will be provided from participating recreation centers coordinating pool site. Parent/legal guardians are responsible for providing transportation to and from recreation centers.

Berkley Pool

(Sherwood, Tarrallton, Young Terrace)
Student Pick-Up: 12:00-12:45 p.m.
Program Time: 1:00-3:00 p.m.
Student Drop-Off: 3:30-4:30 p.m.

Chesterfield Pool

(Fairlawn, Ingleside, Park Place)
Student Pick-Up: 12:00-12:45 p.m.
Program Time: 1:00-3:00 p.m.
Student Drop-Off: 3:30-4:30 p.m.

Huntersville Pool.

(Campostella, Titustown, Lambert's Point, Merrimack)
Student Pick-Up: 10:00-10:45 a.m.
Program Time: 11:00 a.m.-1:00 p.m.
Student Drop-Off: 1:30-2:30 p.m.

Proof of registration required at pick up each day. Appropriate conduct required during program transportation.

CITY OF NORFOLK



AQUATICS